

FREE **Fitness Orientations**

WNY Bldg 22 & ANA Bldg. 419

Tuesdays & Thursdays

9 a.m. - 10 a.m. & 1:30 p.m. - 2:30 p.m.

Strength Training Session (Tuesday)

Cardiovascular & Flexibility Session (Thursday)

Ever wonder if you are training in the right heart rate zone for your aerobic exercise? You don't lift weights because you don't want to get...bulky... Maybe you'd like to learn the safe and proper techniques of the 10 piece strength training circuit. Stretching and Flexibility - who has the time? Sign-up for a free orientation on Tuesday and Thursday - and learn 'how to' use the exercise equipment and help your fitness program.

**Contact (202)433-2829 or (202)433-2962
for more information or to schedule an orientation.**